



Ideas for Ministry for and With Older Adults

From the Older Adult Ministry
Of the Kentucky Conference

25 OLDER ADULT MINISTRY IDEAS

1. Advertise in Local Theatre & Senior Citizen Center – advertise your older adult ministry in the local theatre, Senior Citizen Center, local restaurants, and other places older adults congregate.
2. Annual Older Adult Picnic – Invite older adults from your church and community to participate in a summer picnic. Provide entertainment and games.
3. Exercise and Fitness classes – older adults participate in “low impact” aerobics class, “Body Recall,” “ chair exercise” or some other form of exercise designed for older adults. Check out youtube.
4. Field Trips – Older Adults take educational and informational, recreational, mission study, or work mission trips. Some examples are:

Ball game	Lake or River trip	Barbecue	Bowling
Boat Cruise	Progressive dinner	ice cream social	theater
Libraries	Local Park	Miniature golf	Museums
Planetarium	Scavenger hunts	Zoo trip	
5. Foster Grandparents – older adults share their lives with children and youth who have few or no extended family members living in the community.
6. Game Day – once a week or monthly, hold a game day for older adults (include games that involve mental stimulation.)
7. Helping Hands – older adults maintain a church food and clothing pantry.
8. Homebound Sunday School Class – homebound class members participate in Sunday School by use of a speaker phone.
9. Kitchen Band – invite older adults to make musical instruments from household and other common materials or use their own instrument. Play at nursing homes, retirement communities, church functions, etc.
10. Lunch Partners – invite older adults to eat a meal once a week with a homebound member in his/her home.
11. Mentoring – invite older adults to serve as mentors for children, youth, and other adults such as youth during confirmation and for new church members.

12. Multigenerational Study Groups – invite children, youth, and adults to study and learn together. This might include Bible topics and/or current issues such as an eco project.
13. Older Adult Choir – invite older adults to form a choir. Sing at church, nursing homes, retirement communities. Plan special events such as Christmas caroling throughout the community.
14. Older Adult Newsletter – create a newsletter especially for the older adults in your congregation. Invite older adults to submit articles and include announcements about meetings and events.
15. Parish Nurse Ministry – provide a health care ministry for older adults.
16. Recognition Service and Dinner – the congregation sponsors a special dinner, worship service or other celebration to honor the faith, wisdom, ministry and service of older adults.
17. Ritual for Older Adults Moving from their Home – older adults visit with others moving from their home to long-term health care facilities. Share in prayer, scripture, song, Holy Communion, and words of remembrance and thanksgiving for the years spent in the home. Follow up in new home.
18. Senior Bulletin Board - place a large bulleting board in a strategic location where older adults congregate in the church. Post announcements about events and photos of recent activities and events on the bulletin board.
19. Senior Devotional Booklet – invite older adults to compile a devotional book of scripture readings, meditations and prayers for congregational use. Might do this inter-generationally with youth.
20. Short-term Mission Service – participate in a short-term mission project. Be sure to choose something that will fit their capabilities.
21. Social Networking – have a class on how to use social media.
22. Telephone Reassurance – older adults make daily telephone calls to others.
23. Visitation Ministry – visit other older adults who are homebound, lonely, hospitalized, institutionalized, and dying.
24. Weekday Bible Study – invite older adults in your church and from your community to participate in a weekday Bible Study (include refreshments, joys and concerns, singing and prayers.)
25. Writing Letters and Sending Cards - write personal letters and send birthday, anniversary, and special remembrance cards to others.